

Mighty Mississippi River 10 K Run/Walk

Pursuing fitness for Lewis County and Fitness Trail Development

May 15, 2010 Saturday 9:00 AM

Start: LaGrange, Missouri - Terrible's Casino

Finish: Canton, Missouri – Martin Park

Transportation Back to the Starting Point will not be Provided.

Name _____

Address _____

City _____ State _____ Zip _____ Age as of 5-15-10 _____

Phone or e-mail _____

\$10.00 Registration Fee— Checks payable to Canton Community Betterment Group (CCBG)

Shirts Guaranteed to those pre-registered by 5-7-2010

Please include Shirt Size -- Adult Sizes Only --- Small Medium Large X-Large

Mail Signed Registration Form and Fee to: Canton City Hall, PO Box 231, Canton, Missouri 63435

Awards will be given to first place overall female and male winners.

First and Second place awards in the following age groups for male and females:

12 and Under, 13 to 18, 19 to 29, 30 to 39, 40 to 49, 50 to 59, 60 to 69, and 70 and over

Release and waiver of liability; I, the undersigned in consideration of the opportunity to participate and the acceptance of my entry into this event, intending to be legally bound. Do hereby onmy behalf of myself, my heirs, and legal and personal representative, release, waive and forever discharge any all claims for injuries and damages tomy person or property, including any and all claims for such injuries and damages resulting form negligent act or conduct and including any and all causes of action relating thereto which I might have or shall ever have against the City of Canton, City of LaGrange, Canton Community Betterment Group, and or the individuals organizing the ceremonies for any and all injuries and damages which I might sustain in this event. I further state that I have sufficiently trained for and that I am in proper physical condition to participate in this event. I further grant authorization for the free use of my name and photographs, or any other transcription of my participation in this event including, but not limited to, advertisement of or publicity, or other media accounts pertaining to this event.

Participant

Signature _____ Date _____

Parent or Guardian if Participant is Under 18 years of Age